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A Child's Right to a Safe Upbringing Environment



A safe upbringing environment – a child’s right and an adult’s responsibility

It is the right of each child to grow up in an environment that is safe and secure. The responsibility for a child’s upbringing and well-being is borne by the parents. It is important for the child to get to be a child – growing, playing, and learning at their own pace without an excess of responsibility.

A child’s right to express their feelings and ideas

- Accept the child’s emotions and process them together
- Help the child put words to their feelings
- Create a safe environment
- Give the child space to express their own ideas
- Take the child’s wishes into account



QUESTIONS TO CONSIDER:

Was it safe for you to talk about your feelings in your own childhood?
Would it be possible to process emotions through play?

Meeting the child as an equal

Seeing your child as an equal is the basis for a safe upbringing environment. The following principles should be a guideline to parents.

- Give your child the opportunity to express themselves
- Offer all of your children the same opportunities and obligations, regardless of gender
- Consider your own attitude to the equality of sexes
- Focus on the positive and ensure you speak in a manner respectful of others
- Identify the traces of your own childhood in the way you bring up your child
- Consider what kinds of presuppositions or role models you transmit to your child



QUESTIONS TO
CONSIDER:
How did you perceive
equality in your
childhood?
Were the chores in your
family divided by sex?



Safe and encouraging upbringing environment

The parents must:

- Shape a safe and accepting environment
- Maintain a predictable daily life
- Encourage, compliment, and appreciate the child
- Support the child in developing their independent self
- Create opportunities for the child to experience success
- Consider how your own values and opinions affect the child
- Agree together on the methods of bringing up the child
- Be consistent but flexible



QUESTIONS TO CONSIDER:
What values would you like your child to receive from you?
How were you encouraged as a child?

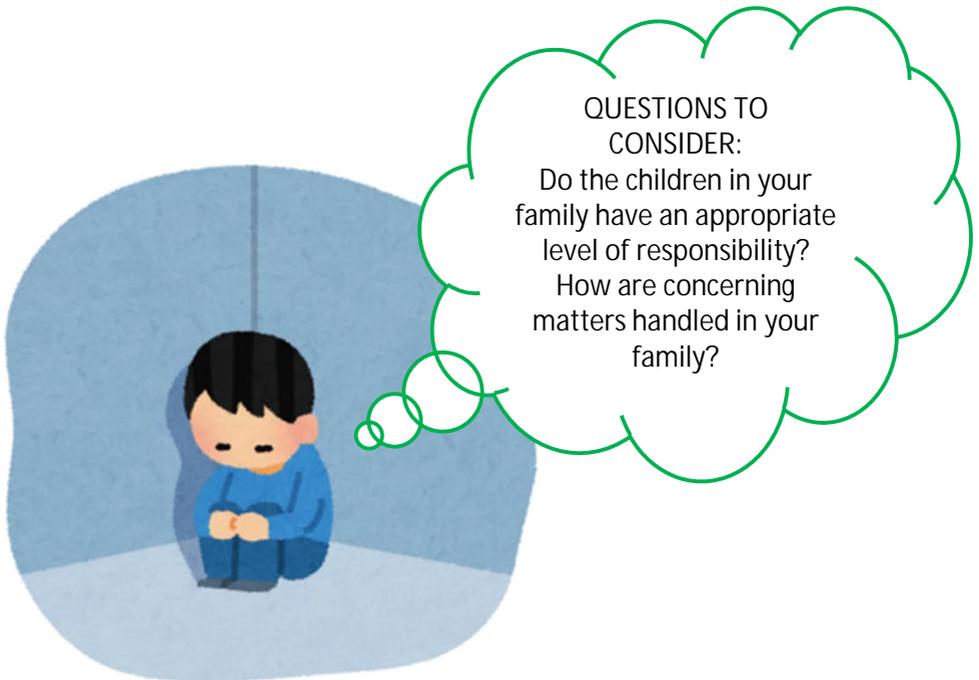


A safe daily life protects the child from excessive stress

Piling up too many demands and too much stress will negatively impact a child's well-being. This may make learning new things more difficult and manifest in unwanted behaviour. Such negative behaviours may include aggressiveness, a tendency to withdraw, or mood swings.

A particular source of harmful stress is a confusion between the roles of the child and the parent. Violence, neglect, intoxicant abuse by the guardian, or the family's financial troubles may cause a child to experience intense, long-term stress, which undermines their sense of security and overall development.

However, it is important to recall that all stress is not harmful. A manageable level of stress over a short term may even serve to support the child's growth and learning. Processing concerns together with a safe adult will bolster a child's ability to meet challenges in life and overcome them.



Ensuring a child's well-being when moving to a new country

Migrating to a new country is often a major life change. It is crucial to pay particular attention to a child's safe upbringing environment. A predictable daily life, familiar routines, and a parent's constant presence help the child navigate their new surroundings.

It is important to allow the child to maintain their role as a child rather than assuming responsibility for the family's integration. It is not the place of a child to serve as an interpreter, an intermediary in affairs, or as a support system for their parent – these are all jobs for an adult.



Remember to take care of yourself as well. A parent's own well-being will directly impact a child's experience of safety and security. Therefore, it is important for a parent to maintain their own functioning and to dare to seek help when it is needed.



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Niitty 2 -project 2023-2026

*Together for a better everyday life for
immigrant families*

Read more:
projects.tuni.fi/niitty2

Check also:
tuni.fi/perheinfo

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Additional information and key sources:

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Pictures: Canva



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